

# Depressive Symptoms and Self Esteem; Psoriasis

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**Abstract:** *The present study was aimed to assess depressive symptoms and self esteem among patients with psoriasis attending dermatology outpatient department of Government Medical College Hospital, Thrissur. The objectives of the study were to assess depressive symptoms among patients with psoriasis, identify the self esteem of patients with psoriasis, find the correlation between depressive symptoms and self esteem among patients with psoriasis, find the association between depressive symptoms and selected variables among patients with psoriasis and find the association between self esteem and selected variables among patients with psoriasis. A descriptive survey was used for the study. The sample consisted of 85 patients who met the inclusion criteria selected by non probability purposive sampling. The tools used were interview schedule for socio demographic data, self rating method for Beck Depression Inventory II and Rosenberg self esteem scale. Findings revealed that less than half (38.7%) of patients with psoriasis had normal ups and down and 55.3% had mild mood disturbance. More than half (67.1%) of the patients with psoriasis had average self esteem. The study found an association of depressive symptoms and self esteem with gender. The study has implications in nursing practice, education, administration and research.*

**Keywords:** psoriasis, depressive symptoms, self esteem.

## 1. Introduction

The skin, like a cloak, covers us all over, the oldest and the most sensitive of our organs, our first medium of communication, and our most efficient of protectors. The skin and the central nervous system are embryologically related, and they share several hormones, neurotransmitters, and receptors. The skin plays a key role as a sensory organ in the socialization processes throughout the life cycle. Numerous skin changes are seen in response to emotional stimuli, and skin appearance greatly influences body image and self-esteem<sup>[1]</sup>

Psoriasis is associated with a variety of psychological problems. So, considering the psychosocial aspects of the disease is very important in psoriatic patients. According to previous controlled studies, the prevalence of depression was ranged from 0 to 58% in psoriasis patients.<sup>[2]</sup> Depressive disorders are known to be commonly comorbid with psoriasis. The presence of depressive disorders in psoriasis has an adverse bearing on the quality of life.<sup>[3]</sup>

Depression, the common psychological disorder, affects about 121 million people worldwide. World Health Organization states that depression is the leading cause of disability as measured by Years Lived with Disability and the fourth leading contributor to the global burden of disease. By the year 2020, depression is projected to reach second place in the ranking of Disability Adjusted Life Years calculated for all ages. Each year, IFPA sets a specific theme for the upcoming World Psoriasis Day. The theme for World Psoriasis Day 2018 is "Treat Psoriasis Seriously Our lives depends on it".<sup>[4]</sup>

Investigator's own experience also leads to conducting a study in this field. During the clinical posting investigator

had the opportunity to assess and manage the emotional status of dermatology patients with psoriasis. They shared their experience and feelings. It seems that patients have difficulty to cope with psoriasis, causing embarrassment and body image. From their words investigator understands that they need psychological support to improve the quality of life. For this purpose assessment serves as the baseline strategy for planning further interventions.

### Statement of the problem

A study to assess depressive symptoms and self esteem among patients with psoriasis attending Govt. Medical College Hospital, Thrissur

### Objectives

- 1) Assess depressive symptoms among patients with psoriasis.
- 2) Identify the self esteem of patients with psoriasis.
- 3) Find the correlation between depressive symptoms and self esteem among patients with psoriasis.
- 4) Find the association between depressive symptoms and selected variables among patients with psoriasis.
- 5) Find the association between self esteem and selected variables among patients with psoriasis.

### Assumptions

- Patients with chronic skin disease may have depressive symptoms.
- Patients with psoriasis may have problems with self esteem.

### Hypotheses

Will be tested at 0.05 level of significance.

H<sub>1</sub>: There is a significant correlation between depressive symptoms and self esteem among patients with psoriasis.

Volume 10 Issue 7, July 2021

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H<sub>2</sub>: There is a significant association between depressive symptoms and selected variables of patients with psoriasis.

H<sub>3</sub>: There is a significant association between self esteem and selected variables of patients with psoriasis.

## 2. Materials and Methods

A descriptive survey design was used. Research purposively sampled 85 psoriasis patients attending dermatology outpatient department of Govt. medical college Thrissur.

Tools and techniques

Tool I: Socio demographic data sheet

Tool II: Beck depression inventory to assess depressive symptoms.

Tool III: Rosenberg self esteem scale for identifying self esteem.

Technique: Self reporting and interview schedule.

**Ethical consideration:** obtained ethical clearance from institutional ethics committee IEC No G2-312/2015/CONTSR (19) dated 11/06/2018. Written permission from dermatology outpatient department of Govt. medical college hospital was obtained for conducting the study. Informed consent from participants was taken and confidentiality of the data maintained. With the help of consultant, I referred the patients who had depressive symptoms for psychological intervention and ensured that they would receive proper follow up.

### Data analysis

Data were analyzed by using both descriptive and inferential statistics. The demographic data were analysed by using percentage analysis. Karl Pearson's Correlation Coefficient would be used to explore the relationship between depressive symptoms and self esteem among patients with psoriasis. Chi square test would be used to find the association of depressive symptoms and self esteem with selected variables of patients with psoriasis.

## 3. Discussion and Results

The findings of the study showed that (figure 1) 63.5% of participants were males and 36.5% of participants were females. These findings in accordance with the findings of the study conducted in North India, psoriasis patients accounted for 2.3% of the total dermatology out patients. Of the total psoriasis patients 67% were men and 33% were women, male to female ratio being 2.03:1.<sup>[5]</sup>

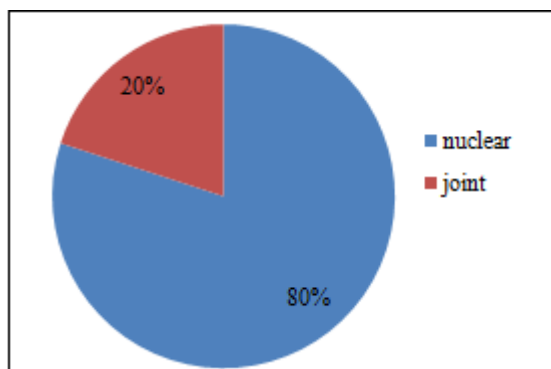


Figure 1: Frequency distribution and percentage of patients with psoriasis based on type of family

The assessment of depressive symptoms among patients with psoriasis revealed that 38.7% of patients with psoriasis had normal ups and down, 55.3% had mild mood disturbance, 2.4% borderline, 1.2% had moderate depressive symptoms, and 2.4% had severe depressive symptoms. (Table 1) These findings were consistent with the findings of the study conducted to identify depressive disorders and quality of life in psoriasis patients. A total of 104 patients consented to be part of this study. Prevalence of depressive disorder was 39.4%.<sup>[6]</sup>

Table 1: Frequency distribution, percentage, mean and standard deviation of patients with psoriasis based on depressive symptoms score

Depressive symptoms	f	%	Mean	SD
Normal ups and down	33	38.7		
Mild	47	55.3		
Borderline	2	2.4	11.46	5.56
Moderate	1	1.2		
Severe	2	2.4		

The study included the participation of 566 patients with chronic plaque psoriasis. 76% of patients reported a poor sleeping pattern presenting episodes of insomnia, and 24% reported a good sleeping pattern of 6 to 8 hours of sleep daily. Twenty-four per cent of patients had family history of psoriasis while 76% did not have family history of psoriasis. The present study revealed that 15.3% had family history of psoriasis while 84.7% did not have family history of psoriasis. 40% had mild sleep disturbances and 4.7% had moderate sleep disturbances.<sup>6</sup>

Present study findings are also in tune with the findings of a study conducted to analyze the coping strategies and self esteem among patients with psoriasis. A total of 102 patients diagnosed with psoriasis aged 25-65 years were participated in this study. The results revealed that patients with psoriasis presented lower rates of task oriented coping strategies and lower levels of self esteem. Similarly in present study, table 2) 32.9% had low self-esteem, 67.1% had average self esteem and none of them had high self esteem.<sup>[8]</sup>

Table 2: Frequency distribution, percentage, mean and standard deviation of patients with psoriasis based on depressive symptoms score

Self Esteem	f	%	Mean	SD
Low	57	67.2	15.38	2.38
Average	28	31.9		

A study was conducted to assess gender-related differences in severity of psoriatic arthritis as reflected by measures of disease activity, joint damage, quality of life and disability. A cross-sectional analysis was performed among patients who have been followed in a large Psoriasis clinic. Three hundred and forty-five men and 245 women were included in the study. The association between gender and measures of quality of life was assessed by multivariate regression analysis after adjustment for potential confounders. The present study also revealed there is a significant association between depressive symptoms and gender.<sup>[9]</sup>

#### 4. Conclusion

The present study was conducted to assess depressive symptoms and self esteem among patients with psoriasis. The findings of the study revealed that less than half (38.7%) of patients with psoriasis had normal ups and down, 55.3% had mild mood disturbance, 2.4% had borderline, 1.2% had moderate depressive symptoms, and 2.4% had severe depressive symptoms. More than half (67.1%) of the patients with psoriasis had average self esteem and 32.9% had low self esteem. There is a negative correlation between depressive symptoms and self esteem among patients with psoriasis. There is a significant association between depressive symptoms and gender among patients with psoriasis. There is a significant association between self esteem and gender among patients with psoriasis.

#### 5. Acknowledgement

With a profound sense of gratitude I praise and thank God almighty for his love, strength, abundant blessings showered upon me throughout this study. The investigator expresses her sincere gratitude to Dr N Asokan HOD of dermatology department, Govt. Medical. College. Hospital Thrissur for valuable suggestions and excellence guidance for the completion of this dissertation. The researcher expresses her sincere gratitude to all the participants in the study for their cooperation for successful completion of the study. With profound joy and happiness, the investigator extends her heartfelt thanks towards her parents Mr. Mathew C U and Mrs. Usha Mathew for their loving presence, boundless cooperation and unlimited encouragement.

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